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TIME TO LEAVE THE CAPSULE

Canadian astronaut and former International Space Station commander Chris Hadfield returned to Earth late Monday along with American Thomas Marshburn and Russian Roman Romanenko following a 146-day mission to the ISS. Hadfield released his own version of David Bowie's Space Oddity from space before returning to our planet. For more, see page 4. THE CANADIAN PRESS/HANDOUT

Greyhound bus killer set to get more freedoms

Not criminally responsible. Shrink says Li is taking meds, ready for supervised community visits

A man who beheaded and cannibalized a fellow passenger on a Greyhound bus in Manitoba is likely to get more privileges in the coming weeks — something his victim's mother says should never happen.

Vince Li, 45, has stopped having hallucinations, has been a model patient at the Selkirk Mental Health Centre and is ready for more escorted passes into the community, his psychiatrist said Monday.

"I believe that, primarily, Mr. Li is invested in co-operating with and working with the treatment team," Dr. Steven Kremer told the Criminal Code Review Board, which examines Li's condition annually.

Li has made "excellent improvement" since the 2008 attack, Kremer said.

Li was found not criminally responsible for killing Tim McLean — an attack Crown attorney Susan Helechilde called "perhaps the most macabre crime ever committed in Manitoba."

Li was an undiagnosed schizophrenic at the time, but has continually taken his medication, has had no problems with staff or other patients and realizes he needs to stick to his treatment, Kremer said.

Dressed in a black pinstripe suit and sneakers, Li kept his head bowed for most of the hearing and focused on the table in front of him. He smiled at the end of the one-hour hearing and shook his lawyer's hand.

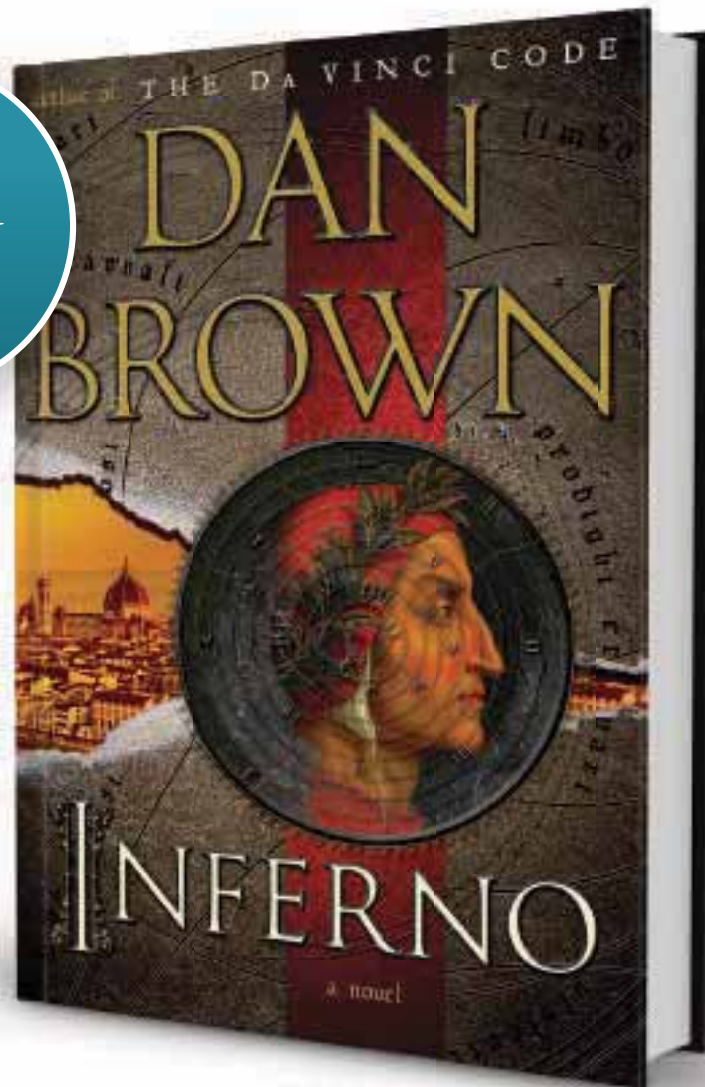
Kremer and other members of Li's treatment team suggested Monday that Li be given more trips, and that he should be allowed to go to Winnipeg under the same supervision. He should also be allowed to go to Selkirk, Lockport and nearby beaches under more relaxed group supervision, they suggested. **THE CANADIAN PRESS**

What does your freedom look like?
Turn to page 6



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Daily travel

WestJet coming to Brandon with flights to Calgary

WestJet will soon be coming to the Wheat City.

The Canadian airline announced a new daily flight from Brandon, Man. to Calgary, Alta. starting in September. **METRO**

Fairford River

RCMP officer rescues drowning woman

An RCMP officer didn't hesitate to jump into a swift-moving river to rescue a woman on Friday.

Gympsumville RCMP said they were told of a distraught woman who had

just left her home in her vehicle. They tracked her to the Fairford Bridge, where she drove her vehicle off the road and into the Fairford River at about 5 p.m.

RCMP said the woman managed to get out of her vehicle, which began floating downstream, before it ultimately sank into the cold water. The woman was having trouble keeping her head above water. **METRO**

Golf course report

Staff recommend selling, leasing golf courses

A new report suggests the City of Winnipeg sell off one of its golf courses and lease four others.

City administrators recommend that the Alternate Service Delivery (ASD)

committee approve a 20-year lease agreement with Golf North Properties Inc. to manage and run Crescent Drive, Harbour View, Kildonan Park and Windsor Park golf courses. GolfNorth would improve the courses at a cost of \$4.2 million and lease them for \$759,000 annually. In the meantime, John Blumberg golf course would be declared surplus and put up for sale.

METRO

Web portal showcases Winnipeg

Howdy neighbour.

New city website offers answers to everything you've ever wondered about Winnipeg and its neighbourhoods

NOW portal

Check out your neighbourhood or your neighbour's neighbourhood on the NOW portal at Winnipeg.ca/now



SHANE GIBSON

shane.gibson@metronews.ca

The City of Winnipeg has launched a new online one-stop shop for anyone looking for information about the city and its 236 neighbourhoods.

The Neighbourhoods of Winnipeg (NOW) portal provides a single access point for census and demographic information, historical and mapping information and answers to questions like where to find a certain school or library.

"The development of this portal positions Winnipeg as (a) North American leader in neighbourhood-based information sharing," said Mayor Sam Katz at the site's launch Monday. "Business owners, organizations and individuals can quickly access pertinent and helpful information."

"This portal will help

those who are familiar with the city as well as newcomers who don't know the difference from Royalwood versus Crescentwood."

Created by the city in partnership with Economic Development Winnipeg Inc. (EDW) and Winnipeg-REALTORS, the NOW portal also includes an economic development feature that provides information to businesses or companies looking to locate to the city or existing businesses looking to expand or relocate within Winnipeg.

"It provides answers, self-directed and in real-time, that identify why Winnipeg is the perfect place to live, work, play and invest," said EDW president and CEO Marina James. "Our quality of life here in Winnipeg relies on the ecosystem of creating wealth through economic activity that provides jobs, income and investment that builds prosperity."



Mayor Sam Katz launched the city's new Neighbourhoods of Winnipeg (NOW) online portal on Monday.

SHANE GIBSON/METRO

1
NEWS

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Transit Tuesday



Weekly Transit News Update

VICTORIA DAY SERVICE SCHEDULE

Monday, May 20, Winnipeg Transit will be operating on a Sunday schedule. For route and schedule information, visit winnipegtransit.com or call 311.

GOING TO THE AIRPORT?

Winnipeg Transit provides convenient bus service to and from James Armstrong Richardson International Airport. The airport is serviced by the route 15 Sargent/Mountain and the 20 Academy/Watt. The bus terminal is located outside the south end of the airport. For route and schedule information visit our website or call 311.

WE OFFER REQUEST STOP SERVICE AFTER 7 P.M.

For your safety and convenience, Winnipeg Transit offers Request Stop service which allows riders to get off the bus between regular stops. This service is available from 7 p.m. until the end of service. Just politely inform your operator at least one stop ahead of the requested stop – then exit at the front door only. Please keep in mind, the operator might not be able to accommodate your request due to road safety concerns.

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Call 311 or visit our Lost Property Office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square.

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Chris Hadfield speaks during pre-launch preparations on Dec. 19, 2012, in Kazakhstan, where he landed Monday. MAXIM SHIPENKOV, POOL/THE ASSOCIATED PRESS FILE

Singing spaceman back on terra firma

Touchdown. Astronaut Chris Hadfield puts out first music video made in space prior to return

Astronaut Chris Hadfield returned to Earth Monday night after a five-month mission at the International Space Station that saw him become the first Canadian to command the orbiting laboratory.

The 53-year-old touched down in Kazakhstan on a Russian Soyuz capsule, which was also carrying cosmonaut Roman Romanenko and NASA astronaut Tom Marshburn — the same pair Hadfield blasted off with on Dec. 19, 2012.

The journey was Hadfield's first return space flight inside the cramped Russian space capsule. The craft tore into the atmosphere before a parachute opened, slowing its descent until it hit the ground at 9:31 p.m. CDT.

During his stay in space, Hadfield became a bit of an extraplanetary star. He tweeted photos, talked to schoolchildren, strummed his guitar and provided videos about daily life on the station.

In a high-flying first, Hadfield said his farewell to the station with a music video:

his own custom version of David Bowie's Space Oddity.

It's believed to be the first music video made in space, according to NASA.

Even before releasing his Bowie cover, the Sarnia, Ont.-born Hadfield had shown off his musical skills in recent months. He sang often in orbit and even took part in a live Canadian coast-to-coast concert.

"It's just been an extremely fulfilling and amazing experience end to end," Hadfield, 53, told Mission Control before leaving Monday.

While Hadfield will be remembered most for the photography and music, his main task in space was performing over experiments, examining changes to the spine, bone density and nutrition in space.

This trip is, in a sense, the end of an era for the Canadian space program. Once Hadfield lands, it will be at least three years before the next Canadian visits the space station.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Learn more

For the latest on his return to planet Earth, head to metronews.ca.

Online

A bitter-tweet goodbye



By the numbers

850K Chris Hadfield has more than 850,000 Twitter followers.

5,330 In 1992, Hadfield was selected to become one of four new Canadian astronauts from a field of 5,330 applicants.

100 Hadfield was involved in more than 100 science experiments since he arrived on Dec. 19.

5 On March 13, Hadfield became the first Canadian to command the space station during the last part of his five-month stay.

Colorado shootings. Holmes asks for insanity plea

The suspect in the deadly Colorado cinema shootings asked a judge Monday to enter a plea of not guilty by reason of insanity, a move that is widely seen as James Holmes' best hope of avoiding the death penalty.

Holmes is charged with murder and attempted murder in the July 20 attack in Aurora that killed 12 and injured 70.

Attorney Daniel King made the request in court, saying attorneys now have a diagnosis for James Holmes. He didn't specify what it was.

The judge was expected to decide whether to accept a new plea sometime

Life and death

The insanity plea carries risks for both sides.

- Holmes will have to submit to a mental evaluation by state-employed doctors, and prosecutors can use findings against him. If acquitted, Holmes would be committed to the state mental hospital indefinitely.

before a May 31 hearing.
THE ASSOCIATED PRESS

Airport arrest

Pressure cooker was for lamb, nephew says

The nephew of a Saudi man arrested at Detroit Metropolitan Airport says the case is a misunderstanding, and that his uncle was bringing him a pressure cooker so he

could make lamb.

Nasser Almarzooq told The Associated Press on Monday that he'd asked his uncle, Hussain Al Khawahir, to bring him a pressure cooker because the ones he bought in the U.S. didn't work.

Two pressure cookers were used in last month's Boston Marathon bombings. THE ASSOCIATED PRESS

'Are you human?': Abortion doctor found guilty of murder



Dr. Kermit Gosnell, pictured here in a March 2010 photo, was found guilty on Monday of killing three infants born alive during late-term abortions at his Philadelphia clinic. THE ASSOCIATED PRESS FILE

House of horrors.

Dr. Kermit Gosnell may face death penalty

A Philadelphia abortion doctor was found guilty Monday of first-degree murder and could face execution in the deaths of three babies who authorities say were delivered alive and then killed with scissors at his grimy clinic, in a case that became a flashpoint in America's debate over abortion.

Dr. Kermit Gosnell, 72, was also found guilty of involuntary manslaughter in the drug-overdose death of a patient who had

undergone an abortion.

He was cleared in the death of a fourth baby, who prosecutors say let out a soft whimper before he snipped its neck. The jury will return May 21 to hear evidence on whether Gosnell should get the death penalty.

Former clinic employees testified that Gosnell routinely performed illegal late-term abortions past Pennsylvania's 24-week limit, that he delivered babies who were still moving, whimpering or breathing, and that he and his assistants "snipped" the newborns' spines, as he referred to it.

"Are you human?" prosecutor Ed Cameron snarled during closing arguments as Gosnell sat calmly at the defence table. "To med these women up and stick knives in the backs of babies?"

The grisly details came out more than two years ago during an investigation of prescription drug trafficking at Gosnell's clinic in an impoverished section of west Philadelphia.

THE ASSOCIATED PRESS

Grisly details

"He created an assembly line with no regard for these women whatsoever."

Prosecutor Ed Cameron, on abortion doctor Kermit Gosnell during the trial's closing arguments.



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Brazil's booming auto market rife with unsafe cars

Sao Paulo. Thousands die yearly in accidents that frequently should not have proven fatal

The cars roll endlessly off the local assembly lines of the industry's biggest automakers, more than 10,000 a day, into the eager hands of Brazil's new middle class. The shiny new Fords, Fiats, and Chevrolets tell the tale of an economy in full bloom that now boasts the fourth largest auto market in the world.

What happens once those vehicles hit the streets, however, is shaping up as a national tragedy, experts say, with thousands of Brazilians dying every year in auto accidents that in



This 2011 photo released by Proteste, a consumer defence group, shows a crash test on a Chevrolet Celta vehicle in Brazil. PROTESTE/THE ASSOCIATED PRESS

many cases shouldn't have proven fatal.

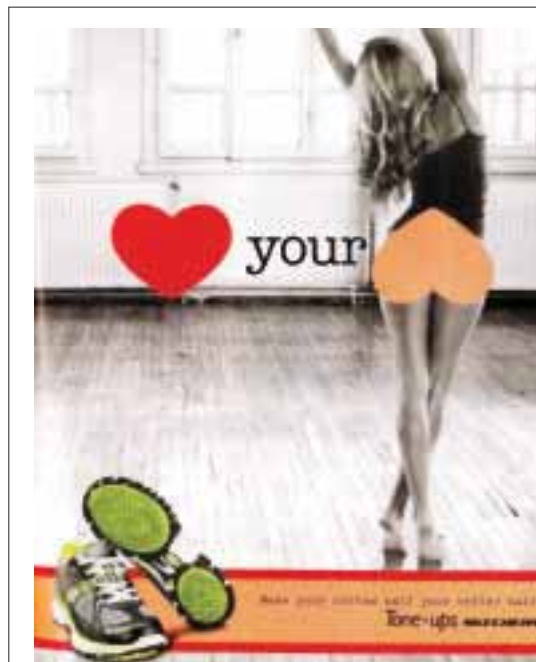
The culprits are the cars themselves, produced with weaker welds, scant safety features and inferior materials compared to similar models manufactured for U.S. and European consumers, say experts and engineers inside the

industry. Four of Brazil's five bestselling cars failed their independent crash tests.

Unsafe cars, coupled with the South American nation's often dangerous driving conditions, have resulted in a Brazilian death rate from passenger car accidents that is nearly four times that of the United States, according to an Associated Press analysis of Brazilian Health Ministry data on deaths compared to the size of each country's car fleet.

In fact, the two countries are moving in opposite directions on survival rates — the U.S. recorded 40 per cent fewer fatalities from car wrecks in 2010 compared with a decade before. In Brazil, the number killed rose 72 per cent, according to the latest available data.

THE ASSOCIATED PRESS



Sketchy claims cost \$40M

A federal judge in the U.S. has approved a \$40 million US class-action settlement between Skechers USA Inc. and consumers who bought toning shoes after ads — such as the one pictured above — made unfounded claims that the footwear would help people lose weight and strengthen muscles. U.S. District Judge Thomas B. Russell approved the deal Monday in Louisville, Ky. The agreement involves the company's Shape-ups, Resistance Runner, Podded Sole and Tone-ups shoes. FEDERAL TRADE COMMISSION/THE ASSOCIATED PRESS

Florida

BlackBerry Live kicks off in Orlando

BlackBerry will pull out all the stops this week as the firm welcomes thousands of industry players for BlackBerry Live, its annual three-day conference. CEO Thorsten Heins will take the stage Tuesday to deliver a speech that could reveal a lower-priced version of its latest phone and some clues about whether the company plans to abandon tablet technology forever.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
98.91¢ (+0.02¢)

TSX
12,529.55 (-59.54)

OIL
\$95.17 US (-87¢)

GOLD
\$1,434.30 US (-\$2.30)

Natural gas: \$3.94 US (+3¢)
Dow Jones: 15,091.68 (-26.81)

H&M supports Bangladesh factory safety accord



Passersby are shown outside the new Oxford Circus H&M flagship store in London, England in March. The retailer has agreed to support a new workplace safety plan in Bangladesh following the collapse of a garment factory building. GETTY IMAGES FILE

Swedish fashion retailer H&M said Monday that it will sign up to a legally binding fire and building safety plan drawn up by unions in Bangladesh, following the deaths of hundreds of garment workers in a building collapse there last month.

The company described safety issues as "extremely important," saying that it supports the Accord on Fire and Building Safety in Bangladesh, initiated by IndustriALL Global Union.

"The parties will be committed to the goal of a safe and sustainable Bangladesh

Ready Made Garment industry in which no worker needs to fear fires, building collapses or other accidents that could be prevented with reasonable health and safety measures," H&M said in a press release.

Forty garment buyers, including Walmart, H&M and J.C. Penney, met with labour rights groups on April 29 in Germany to discuss how to improve safety conditions in Bangladesh, with labour groups setting Wednesday as the deadline for companies to commit to the plan. THE ASSOCIATED PRESS

Survivor renounces garment work



Reshma Begum
THE ASSOCIATED PRESS

Monday that she will never again work in a Bangladesh garment factory.

- Reshma Begum, the 19-year-old seamstress who spent 17 days trapped in the rubble of a collapsed factory building said
- She was pulled in remarkably good shape from the wreckage of the eight-story Rana Plaza building on Friday. Stunned rescue workers were drawn to the wide pocket under the rubble where she had taken refuge when they heard her banging on a pipe. The search for bodies ended Monday with a toll of 1,127 dead. THE ASSOCIATED PRESS

Thailand. Starbucks eyes further expansion in Asia

Starbucks CEO Howard Schultz said Monday the coffee chain's first stores in India and Vietnam have been received positively and it might soon be time to give Myanmar a shot too.

"Within the next couple of years, I'd say," said Schultz of plans to enter Myanmar. His visit to Bangkok this week coincides with the coffee giant's 15 year anniversary of opening in Thailand.

Starbucks opened its first Vietnam store in February and its first store in India last year. Myanmar is attracting interest



Starbucks CEO Howard Schultz poses before a news conference in Bangkok on Monday. THE ASSOCIATED PRESS

from foreign companies and investors after reforms that have resulted in the European Union dropping sanctions against the country and the U.S. easing them. THE ASSOCIATED PRESS

Apocalypse soonish

Doomsaying radio network could meet its maker

The end may be near for a California evangelical radio network used by a preacher to predict the apocalypse, the Contra Costa Times has reported. Family Radio has sold its three largest radio stations, and tax records show the non-profit network saw its net assets drop to \$29.2 million US by the end of 2011, down from \$135 million four years earlier. THE ASSOCIATED PRESS

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YOUR SNEEZE HAS A SILVER LINING

From the cherry blossom trees lining the streets of Vancouver to Ottawa's brightly coloured tulips, the country is truly in bloom. Unfortunately for some of us, the pleasures of springtime are obstructed from view as we spend most of the season with our faces buried in a handful of tissue.

Seasonal allergies aren't exactly a high-profile disease; there's no colourful ribbon campaign for hay fever and no celebrity spokesperson to offer tips on overcoming itching, watering eyes. Telling someone you have allergies usually garners the same amount of sympathy as mentioning you have a nasty paper cut. And yet, for a few weeks of the year allergies are so much more than a minor annoyance — they are a totally life-ruining experience.

Thirty per cent of Canadians test positive to one or more allergens, which means there are plenty of us loading up on a potent cocktail of antihistamines, eye drops and triple-shot lattes just to



SHE SAYS

Jessica Napier

metronews.ca

make it out the door in the morning. Record-breaking precipitation throughout the winter and high levels of carbon dioxide in the air are nurturing pollen-producing trees and plants across the country. Increased moisture and delayed springtime temperatures have caused airborne pollen counts to skyrocket, which is making this allergy season (like every one before) feel like the Worst. Year. Ever.

My annual springtime ritual involves book-marking the Weather Network's online pollen forecast, barricading my apartment windows and waiting desperately for the heat of summer to arrive. I occasionally leave my cocoon of isolation to trek to the drugstore, where I spend obscene amounts of money on antihistamines in the hopes that maybe this year someone has developed a new formula that actually works. Over-the-counter medications are costly and usually ineffective but I won't deny that I enjoy the sedating and mildly addictive feelings of drowsiness that come

with a heavy dose of nighttime medication.

But could there be a silver lining to these weeks of allergy-related anguish?

Some scientists purport that allergic reactions have evolved over the years as a way for our bodies to expel germs, carcinogens and other harmful toxins. The symptoms of typical pollen allergies — repetitious sneezing, runny noses and the unrelenting sensation of wanting to claw your eyes out — might actually be the body's way of protecting itself against potentially mutation-causing environmental contaminants. Numerous studies have linked allergy sufferers to reduced rates of various types of cancer — including ovarian, lung, skin, throat and intestinal cancers.

A sensitive body that's constantly on the defensive might not be such a bad thing. Despite our weak exteriors, those of us made miserable by seasonal allergies are actually stronger in some ways than the average person — even if a bunch of brightly coloured flowers can reduce us to a teary, snivelling mess.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

A fish's final moment



DR. ANDREW LEE/SOLENT NEWS

I'm going to bite you now

This cormorant bird does its own fishing by waiting patiently before pouncing to catch a rainbow trout in its bill.

The two animals even appear to look each other straight in the eye before the bird enjoys its lunch. Amateur photographer Andrew Lee captured this moment at El Dorado Regional Park in Long

Beach, Calif.

The photographer recalls the bittersweet moment when he captured this unique image of the natural world.

"I felt a little sad for the fish, but I took comfort in knowing that I would be able to tell a story of the fish's final moment," says Lee.

"I hope that the photograph shows the viewer the daily struggle of the hunter and the hunted." **METRO**

Lunch

"It happened in a split second. The bird was able to grab the trout before the fish disappeared into the lake. I was surprised with how big the fish was and wondered if the bird would be able to swallow it — and it did."

Andrew Lee, pricing and portfolio manager and amateur photographer, from Irvine, Calif.

Click bait



ANDREW FIFIELD

andrew.fifield@metronews.ca

The first round of the Stanley Cup playoffs is behind us, making this the perfect day to subscribe to some puck-talk podcasts for fearless playoff predictions that you can later mock when they turn out to be horribly wrong.

Marek vs. Wyshynski

Anchored by the absurd enthusiasm of Greg Wyshynski and the absurdly encyclopedic knowledge of Jeff Marek, and buoyed by regular features like Game Show Friday, MvsW manages to keep a metric ton of hockey talk fairly breezy.

Backhand Shelf

The audio arm of The Score's hockey blog tends to the stats-heavy side of things, which is always a fun way to confirm your own biases.

Tim And Sid

OK, so this one is cheating since it's not strictly hockey and it's not at all a podcast. But downloading this Toronto duo's afternoon radio show is easily the funniest way to prepare yourself for emergency sports conversations. Give yourself a week to acclimate to the inside jokes.



Comments

RE: Hard Drugs Offer Hope In Mental Health Crises, published May 9

Speaking as someone who works in harm reduction, calling mushrooms, LSD, and MDMA 'hard' drugs is pretty laughable.

I had a very interesting conversation with one of the foremost drug policy experts in the world on exactly this subject — the war on drugs is preventing us from pursuing therapies that offer real hope to countless people who suffer horribly from mental illness.

Cameron Reid posted to metronews.ca

I'm guessing it would be a limited use type of thing, surely no one would want to be off the planet constantly, but if they can take the good and leave the bad and come back with a new perspective on their problems then maybe that is all that is needed for people to move forward.

Why on Earth are mushrooms hard drugs? Isn't it a natural medicine that has been used for thousands of years?

Patrick Cameron posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: winniepegletters@metronews.ca

The future of television

Power to the people.

You, the consumer and producer, are in the driver's seat as the entertainment industry shifts gears

ELISABETH
BRAU

Metro World News

Watching shows on your tablet while your TV set is collecting dust? Producing short videos yourself? You're not alone.

Entertainment is changing so rapidly that TV may soon be passé. Netflix has its own TV show (online). Amazon is planning to launch online entertainment. YouTube already has over one billion clicks per month and is rumoured to be planning the launch of a subscription service for several top channels.

"People are still watching as much TV as they used to, but they're also migrating to niche entertainment," explains Aymar Jean Christian, a professor of media, technology and society at Northwestern University in Illinois. "People like content that's geared toward them. For example, there's no TV show



More people are tossing their remotes and reaching for their tablets. ISTOCK

for gamers because they're a niche audience, but on the Internet there are show channels geared toward them."

And we're migrating to smaller devices, too. "Entertainment is expanding from laptops and tablets to phones," observes Alexander Halavais, president of the Association of Internet Researchers. "You can

already watch full-length movies on your phone. But most people don't, so this has created a new genre: something between movie and still images."

The Vine and Keek apps allow users to make six-second videos by splicing together several images.

Smartphones with their built-in cameras, which can be

directed toward the user more easily than cameras, will accelerate the citizen-producer boom. This me-focused, self-produced entertainment for niche audience is chipping at the near-monopoly of professionally made shows for a general public.

Notes Halavais: "People are at an event, capture the event with their camera phones and then turn the camera to themselves to show their reaction. You could say, 'Why would it be interesting to see people's reaction to an event?' but that's the same thing many of us said when Twitter was born..."

Viewers are becoming involved with TV shows, too, submitting plot ideas and even funding films, as was the case with the Veronica Mars movie. And there will always be a niche for professionally-made shows. Observes Prof. Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University: "Many of my students don't even have a TV set in their homes — they watch shows online. But TV isn't dead just because the distribution has changed."

ON WEDNESDAY METRO TALKS TO YOUTUBE BOSS ROBERT KYNCL ABOUT THE FUTURE OF ENTERTAINMENT.

Sports. Online streaming embraced by legit sites

Every week, millions of people enjoy live sports on their favourite screen — and don't pay a dime for it. That's because thousands of websites, often hosted in countries with a weak rule of law, illegally stream sports events. But as soon as one website is shut down, another one pops

up. Now sports channel ESPN has embraced the trend, offering free streams on its website.

MWN



Netflix series. Old product, new delivery

House of Cards, Netflix's hit drama series, is streamed online, but with its traditional structure, it looks just like prime-time TV fare. This is the entertainment of the future. The show is based on consumer input. "Netflix chose Kevin Spacey for the lead role because they had surveyed their viewers and knew that he was popular,"

says Prof. Aymar Jean Christian, of Northwestern University.

"They monitor how we watch, when we pause a film, which episodes we watch," says Chuck Tryon, author of new book On-Demand Culture: Digital Delivery and the Future of Movies. "It has the potential of serving as a test-screening."

MWN

Three companies to watch

These companies are pushing the boundaries of entertainment.

- **Twitch: Online gaming ESPN-style.** On the platform Twitch, more than 30 million users every month play electronic games — but they also broadcast their own games and instant message with each other. Imagine TV sports channel ESPN combined with gaming and social media. "This is really entertainment," explains co-founder Emmett Shear, 29. "And it's as much social media. On any given day, over two million users exchange chat messages."
- **Earbits: Spotify for garage bands.** Say you're a new band, you can't afford to advertise or pay for an agent. There's an app for that — Earbits, a platform for music artists. "Consumers can find new music and the industry can find customers," CEO/founder Joey Flores tells Metro. "Users share things and follow bands from the platform."
- **Vine & Keek: Top sites for social videos.** Social video is the new Twitter. Indeed, Twitter has its own social video app, Vine, and Toronto-based Keek gets 3.2 billion page views each month. "Social video is more useful than Twitter because you really get to see people's lives," Keek founder and CEO Isaac Raichyk tells Metro. "Our videos are 36 seconds for a reason: you can tell a story about yourself, and still it's short enough that people want to watch." (These vids have a name, too: keeks.)

2 SCENE



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Lindsay Lohan ALL PHOTOS GETTY IMAGES

Of pills and pounds: Lohan scared of the scales without meds?

Lindsay Lohan is reportedly not adjusting too well to her new digs at the Betty Ford Center, but she'll be in even bigger trouble if she doesn't stay put, according to Radar Online. Sources say Lohan is threatening to bail on the rehab facility and continue her court-ordered stint elsewhere because doctors there allegedly refused to let her take the prescription drug Adderall. "Lindsay is absolutely freaking out about the

prospect of gaining weight now that Adderall has been taken away," a source says. "Lindsay has been able to eat whatever she has wanted and not gain weight for years, and she attributes this to Adderall." But a change of venue is definitely not in the cards, another source explains. "The judge overseeing Lindsay's case has made it crystal clear that if she defies the agreement, it's jail time," the source says.



Selena Gomez and Justin Bieber

Scoop her up: Looks like Gomez is back in the game

This is getting difficult to keep track of. Apparently things are off again for on-again, off-again couple Justin Bieber and Selena Gomez — at least according to Gomez. When asked by a DJ at Boston's Kiss 108 during an interview if she's be available should a boy stop her on the street and ask her to grab some ice cream,

she replied, "Yep!" She gave another "yep" when the DJ clarified, "You're completely available in every way?" Not only that, but apparently the ice cream approach is a good idea: "By the way, that would be awesome if someone asked if I wanted ice cream because that would be cool," Gomez said.

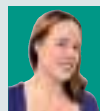
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Just a single baby? Will Beyoncé be touring with bun-two in the oven?

THE
WORD
Dorothy Robinson
scene@metronews.ca

Everyone! Listen up: The New York Post is citing multiple sources that Beyoncé and her husband Jay-Z are expecting their second child. Their reps are not responding to calls for

clarification.

Here's why this is dubious: Beyoncé is in the middle of a giant world tour blockbuster extravaganza; millions and millions are on the line. The Mrs. Carter Show World Tour ends Aug. 5 in Brooklyn. People love Beyoncé but people shell out major bucks for tickets to see Beyoncé doing her thing and getting all Sasha Fierce on stage.

Not a pregnant Beyoncé having to sit in a chair while on stage, which is the exact opposite of Sasha Fierce. That is Sasha Convalescence.

But, of course, she could strut through it bump and all as if we haven't figured it out by now, Beyoncé exists to make us all feel terrible about ourselves.



Kiefer Sutherland

A reason to revive your cable: Jack is back

Jack Bauer is set to have another pretty terrible day, as Fox's real-time action series 24 will return next year with a limited-run, 12-episode series, 24: Live Another Day, the network announced this week. Series star Kiefer Sutherland will return as anti-terrorism agent Jack Bauer, whom he played for eight seasons until the show wrapped up in 2010. For this new, condensed version, the

12 one-hour episodes will cover another 24-hour period in Bauer's life.

"The response to 24 is unlike anything I have ever experienced as an actor before," says Sutherland. "To have the chance to reunite with the character, Jack Bauer, is like finding a lost friend. The story ideas from Howard Gordon are exciting and fresh and will not disappoint."

NED EHRBAR, MWN IN HOLLYWOOD



Jessica Simpson

Shut the ex up: Lachey's laughs not so funny to Simpson

Jessica Simpson is reportedly livid with ex-husband Nick Lachey for gay jokes he made about her dad, Joe Simpson, during a visit to Bravo's Watch What Happens Live, according to Radar Online. Lachey told host Andy Cohen, "The best thing about not having Joe Simpson anymore as a father-in-law is I don't have to play grab-ass under the table on Easter Sunday." He later clarified

he was joking about Joe touching him inappropriately. "It may not be [funny] tomorrow, but it is tonight," he said. Jessica apparently agrees about the first part, at least. "Jessica was shocked and horrified that Nick said what he said," a source explains. "She's upset. Nick might have thought it was funny and he got a cheap laugh, but to Jessica it wasn't. At all."

Twitter



@rustyrocks

Uncomplicated relationship with narcissistic freeloader who's scratching himself on my belly



@MARLONWAYANS

I have a lot of fun chilling with ME. I'm a lot of fun. Some people need company... I just need me. #iloveyoume



@WhitneyCummings

You guys, "selfie" is a word now that we just use like its okay or something



Sometimes the answer to business success is a question...

metronews.ca
Tuesday, May 14, 2013

WELLNESS 11

Hang loose and get ripped

Fitness. Founder of The People's Bootcamp gave us a sneak peak of his new workout, based on the beach bum lifestyle, called WaveShape

MEREDITH ENGEL
Metro World News

Those surfers you see killin' it on the waves? They weren't born with that ripped bod. All of that paddling and popping up and down in the water "creates that long, lean physique," says celebrity fitness trainer Adam Rosante, the founder of The People's Bootcamp. He created a new workout called WaveShape to help you get the surfer's body of your dreams.

Rosante's workout is based in a framework he dubs "power intervals," which improve endurance. The moves are done over a series of 30 seconds, so you can focus on form, not reps. You can learn the full series (12 moves) when it launches June 1 as a free online community with video at getinwave-shape.com. Rosante gave us a sneak peak at five of the moves that'll get your body in surf shape.

Step 1

Leg Rippers

Stand with feet slightly wider than hip width apart. Interlace your fingers and raise your hands over your right shoulder. Brace your core, open your chest and pull your shoulders down your back. Step out to the left into a side lunge, be sure to push the hips back and keep the left knee behind the toes, as you bring your hands down diagonally across your body to the outside of your left foot. Return to centre, raising the



left knee high as you explosively jump off the right foot. Land softly. Repeat on the left side for the full 30 seconds, then switch and perform the move with hands over the left shoulder, stepping out to the right.

Step 2

Agility Jumps

Stand with feet slightly wider than hip width apart. Brace the core as you bend the knees into a low squat, arms extended behind the back for stability. Pause only briefly at the bottom of the movement and explosively jump up and forward over an imaginary line far out in front of you. Land softly, pushing the hips back to absorb the impact, and immediately jump backward to land in the starting position. Repeat the jump, this



time turning the body mid-air to land 180 degrees in the opposite direction. Once again, repeat the 180 jump to land softly back at the starting position. That's one rep. Continue repeating.

Step 4

Surfies

Begin in a squat position with your hands on the floor, wrists positioned under your shoulders. Kick your feet back to a plank position. Immediately shoot the feet forward, twisting your torso and lower half so that you land facing left. Stand tall as you open the chest and squeeze the core and glutes. Twist back down to the right to place hands back in the starting position and kick the feet back to



the starting position. You should be right where you started at the top of a plank position. Repeat, this time twisting to the right. Continue alternating sides. As you perform the move, you should look like a surfer popping up on a board.

Step 3

Tap Dogs

Assume a push-up position with wrists directly under shoulders. Tap the left shoulder with right fingertips and return the hand to the floor. Tap the right shoulder with the left fingertips and return the hand to the floor. Perform a pushup. At the top of the motion, brace the core as you extend the right arm and left leg until they are parallel to the floor. Lower the arm and leg. Now extend the left arm and right leg until



parallel to the floor. Lower the arm and leg. That's one rep. Repeat.

Step 5



High-Lows

Assume a push-up position with wrists directly below the shoulders. Slowly lower the left forearm to the floor, elbow directly below the shoulder, and then the right forearm. Return, one hand at a time, to the top of a push-up position. Continue lowering and raising.

3 TIPS



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metro

12

WELLNESS

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Tuesday, May 14, 2013

A beginner's guide to fasting

Diet. We're designed to cope with both feast and famine — then why are we so scared of hunger? A new diet explores the benefits of fasting a couple times a week

ROMINA
MCGUINNESS
life@metronews.ca

Mimi Spencer and Dr. Michael Mosley, authors of the best selling book *Fast Diet*, don't believe in dieting all the time.

Their weight loss technique, based on intermittent fasting (abstaining from food for short periods of time) is simple and flexible: for two, non-consecutive days a week, you will be eating just a quarter of your recommended daily calorie quota.

That's 500 calories for women, 600 calories for men.

"You get to have five days of normal eating, with little

thought to calorie control and a slice of pie if that's what you want," Spencer tells Metro.

Why fast?

"There's this idea that if you don't eat three to six meals a day, your blood sugar will crash. But the fact is, we're designed to go for short periods without food. It's good for us. Autophagy is an internal healing process that only occurs when we have no food in our system. So when we're eating all the time, our body is constantly on the go. (It) never gets a chance to do any repair and maintenance," Spencer said.

How will fasting help me lose weight?

"Take in fewer calories than you spend, and you're going to lose weight. It's an equation: slash your calorie intake by 75 per cent two days a week and your overall energy deficit will be fairly significant. If you normally eat 2,000 and go down to 500, you're skipping 1,500 calories a day. That's 3,000

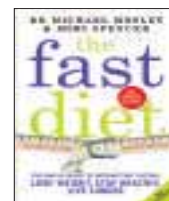


Don't let weight watching get you down. THINKSTOCK

calories a week, which translates to just under a pound of fat," Mosley said.

Can I binge eat on the five days I'm not fasting?

"This diet works because



you are restricting calories. If you binge, there'll be no calorie deficit over time and you won't lose any weight.

On your five days 'off' eat freely, but normally," Mosley said.

Will I not be lacking essential nutrients?

"You can't just have a doughnut. You need satiating protein and plants, which provide bulk. Load up on things like salmon, eggs, radishes, kale, lentils and chickpeas but avoid anything that's going to spike your blood sugar levels and burn quickly, like meringue and white rice. Be careful with fruit. Those with a low glycemic index, such as berries, apples and tangerines, are best. Avoid bananas and pineapples," Spencer said.

The Fast Diet recipes

Men: 600 cal

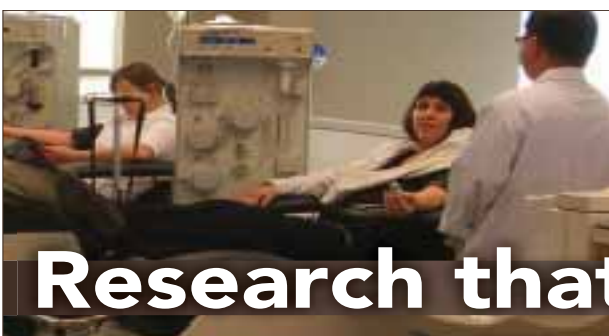
- **Breakfast 288 calories.** Two poached eggs (180 calories) on a slice of toast (31g, 78 calories); 30 raspberries. (120g, 30 calories)
- **Dinner 304 calories.** Roast salmon (252 calories) with 10 cherry tomatoes (150g, 27 calories). Bake at 200 C for about 15 to 20 minutes. Serve with 112g of green beans (25 calories)

Daily total: 592 calories

Women: 500 cal

- **Breakfast 142 calories.** Half a tub of cottage cheese (78 calories); One sliced pear (100g, 40 calories); One fresh fig (55g, 24 calories)
- **Dinner 341 calories.** Sashimi: 3 to 5 pieces salmon (100g, 180 calories) and tuna (100g, 136 calories) — served with soy sauce, wasabi and ginger; 1 tangerine (70g, 25 calories)

Daily total: 483 calories



Research that saves lives

In the 1950s, Winnipeg pediatrician Dr. John Bowman began research that would eventually save the lives of thousands of babies at risk of Hemolytic Disease. A rare condition now, the disease once struck newborns regularly when a woman with Rh-negative blood carried an Rh-positive baby. Negative and positive blood types are incompatible, which leads to a danger during pregnancy and delivery when the blood of the mother and baby can become mixed. Without intervention, the mother's immune system will treat the baby's blood cells as foreign and create antibodies to destroy them.

It used to be that many of these babies would die. But when Bowman developed 'Win Rho' (named after Winnipeg) in 1975, he introduced a way to stop Hemolytic Disease by preventing the mother from developing the fatal antibodies. Today, Cangene Plasma Resources in Winnipeg continues Bowman's work, collecting the raw material for WinRho SDF, made by the Cangene Corporation, which took over the doctor's groundbreaking work in the mid-1990s.

The raw material for Win Rho SDF - the anti-D antibody — comes from the plasma of dedicated donors. At the UM Smart Park facility, donors with Rh-negative blood who have anti-D antibodies make weekly plasma donations that help save babies around the world.

"I set a goal for myself to stop at age 65, but that's moved to 70. It keeps changing," says Heredith Flaig, lying back on a long padded chair with a needle taking blood out of her left arm. Flaig has been donating since 1975. Small scars on both her arms attest to her dedication to the project. "I have a plaque to mark my one thousandth donation," she says. "I look at that and think 'Okay, I can do a few more'."

Plasma is the yellow liquid portion of whole blood that helps carry red blood cells around the body. It has to be separated from the red blood cells in a centrifuge, in a process called plasmapheresis, and donors get their red blood cells back before they leave. Flaig remembers hearing Bowman's pep talks while she

waited during what used to be a two-hour process: nurses removed whole blood first and took it away to separate red blood cell and plasma components. Now, the process is automated and only takes about an hour.

Donors range in age from 25 to 75. Many of the oldest donors helped with Bowman's work after personally dealing with the effects and losses of Hemolytic Disease before Win Rho was available, while many of the youngest donors feel an obligation to continue the heartfelt efforts of the generation before them.

For WinRho, donors must be Rh-negative. Both men and women may participate but women must no longer be able to bear children.

Also critically needed for the Win-Rho program are donors with O-positive blood who are of African-American ancestry.

For more information on Cangene donor programs, call 204-275-4630, email winnipeg@cangene.com or visit www.cangene.com/donor.htm

Become a Plasma Donor

We are looking for healthy people with negative blood types to donate plasma. Plasma will be used to create a medication that can save babies lives. Plasma donors are compensated for their time.

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WELLNESS 13

Best Health

Avoid alcohol with diet pop?



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Opting for a diet mixer may cut calories, but a study published recently found it may make you more drunk.

U.S. researchers had male and female participants consume one of three drinks within 10 minutes: vodka and regular citrus pop, vodka and a diet version of the pop, or a placebo drink (regular pop with no alcohol). Afterward, researchers recorded breath-alcohol concentration (BrAC) and were also given a reaction-time test, and reported their feelings of intoxication and willingness to drive.

The results? Having the diet-pop mixer resulted in an 18 per

cent higher BrAC than the regular pop mixer and alcohol. Scores on the reaction-time task were also worse, but the participants weren't aware of differences in impairment.

According to the study's author at Northern Kentucky University, the stomach treats sugar-sweetened beverages similar to food, keeping them in the stomach longer, while alcohol mixed with diet pop speeds through the digestive system faster and enters the bloodstream faster.

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Jumpstart



DO YOU HAVE AN UNDIAGNOSED VISION CONDITION?

The human visual system is complex. Because vision, unlike sight, is a developed skill and controlled by the brain, several visual dysfunctions can develop. These conditions, unfortunately, often go undiagnosed during a regular eye examination. Neuro-developmental vision problems are visual anomalies that interfere with the ability to function in our high tech, educationally driven society. These visual disorders can cause difficulty reading, doing paperwork, paying attention, concentrating, and working on the computer.

Sadly, 1 in 4 children have vision problems that interfere with their ability to learn, yet they do not report having visual difficulties. Many adults are amazed to discover how many of the signs and symptoms that they have come to accept as "part of life" are actually due to a previously undiagnosed visual dysfunction.

There are many signs and symptoms that can occur when an individual is suffering from a visual dysfunction such as:

- Headaches in the brow or temple area
- Recurring eye strain or eye pain
- Watery, itchy, burning eyes
- Intermittent double vision
- Intermittent blur, print moves in and out of focus
- Fatigue easily when reading
- Dislike or have difficulty reading
- Skip word/lines or lose place while reading
- Move head while reading
- Poor comprehension
- Difficulty judging distance (sports, driving)
- Difficulty paying attention
- Hold head too close when reading or copying
- Move lips while reading

Neuro-Developmental Vision Therapy is prescribed to treat specific diagnosed conditions of the visual system. Each program is based on the results of standardized tests, the individual needs of the patient, and the patient's signs and symptoms. The use of lenses, prisms, filters, occluders, specialized instruments, and computer programs is an integral part of vision therapy. Effective therapy requires visual skills to be developed until they are integrated with other systems and become automatic, enabling individuals to achieve their full potential. Research has shown that vision therapy can be an effective treatment option for:

- Oculomotor Dysfunction
- Binocular Disorders
- Accommodative Disorders
- Amblyopia
- Visual Information Processing Disorders

The optometrists at Anderson Family Vision Care have continued their education beyond the basic Doctor of Optometry degree. After seeing numerous patients who were struggling due to functional vision disorders that are not correctable by providing glasses, contacts, or surgery, they decided to make this specialty service available in the Winnipeg area. Our clinic is fully equipped to treat patients using the most up-to-date methods and all our doctors and therapists are members of the College of Optometrists in Vision Development.

To schedule a Neuro-Developmental Vision Assessment to determine to what extent a vision problem is contributing to you or your

child's vision difficulties, call 204-633-7482.

If you have any questions, about vision therapy, please feel free to call and ask for Dawn Grandmont.

You may also visit the following websites:
andersonvisioncare.ca
covd.org aoa.org
visionandlearning.org
childrensvision.com



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Balance sweet mangoes with staple Mediterranean flavours



This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

My favourite salads are those combining fruit, an intense cheese and a sweet vinegar dressing — like this one.

Mangoes contain an abundance of beta carotene and antioxidants, which are thought to prevent disease. You can substitute ripe pears, peaches, strawberries or blueberries (also an antioxidant) for the mango.

1. Toss greens, endive, radic-

Nutritional analysis

155 calories, 3.3 g protein, 9.1 g fat, 1.7 g saturated fat, 15 g carbohydrates, 3.4 mg cholesterol, 210 mg sodium, 2.4 g fibre

chio, mango, cheese and olives together in a bowl.

2. Whisk vinegar, olive oil, honey, sesame oil and garlic together in a bowl. Pour over the salad and toss to coat. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 4 cups torn, mixed salad greens
- 1 Belgian endive, sliced
- 1 small head radicchio, torn
- 1 1/2 cups diced ripe mango
- 1/3 cup light feta cheese, crumbled
- 1/3 cup sliced black olives
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp liquid honey
- 2 tsp sesame oil
- 1 tsp minced fresh garlic

Health Solutions

Chive jive



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Even before the crocuses and bluebells in my garden, the chives started pushing through the yet to be removed dead leaves of last fall. The great part about chives is that they can be trimmed at this early stage and keep you in oniony snips right through fall.

Chives contain allicin, which can lower cholesterol and blood pressure. They are also high in antioxidants and are believed to be anti-fungal. With all that going for them, it is a shame we only sprinkle a little on a baked potato once in a while.

Try this:

- In a blender, blend one cup of extra virgin olive oil, half a cup chopped chives, juice of

half a lemon, pinch of salt and a teaspoon of honey. Use as a drizzle for grilled fish or chicken.

- Mince chives and add to pancake batter to create a savoury side dish.

- Add to scrambled eggs.

- Blend into softened butter and freeze in teaspoonfuls, top a sizzling steak with a dollop.

- Chop and freeze in ice cube trays to add to dips, dishes and dressings.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Lunch. Quinoa, Spinach and Shiitake Salad



1. In saucepan, bring chicken broth to a boil. Stir in quinoa and contents of seasoning pouch. Reduce heat to low, cover and simmer 15 minutes or until tender. Remove from heat; let stand, covered, for 5 minutes. Fluff with a fork.

2. In large nonstick frying pan, heat oil over medium heat; cook shallots and red pepper for 4 to 6 minutes, stirring occasionally, or until lightly golden and softened. Stir in mushrooms; cook, stirring occasionally, for 6 to 8 minutes or until mushrooms have released their juices and are starting to turn golden. Add vinegar; cook, stirring to bring up browned bits, for 1 minute. Stir in spinach; cook, stirring, for 2 minutes or just until wilted. Stir in salt and pepper. Remove from heat.

3. In large bowl, toss quinoa

with warm spinach mixture. Serve sprinkled with feta. **NEWS CANADA/ PC.CA**

Ingredients

- 2 cups (500 ml) chicken broth
- 1 pkg (225 g) PC Organics Roasted Garlic and Fine Herbs Quinoa
- 2 tbsp (25 ml) olive oil
- 1/2 cup (125 ml) thinly sliced shallots
- 1/2 cup (125 ml) finely chopped sweet red pepper
- 6 oz (180 g) shiitake mushrooms, stems discarded and caps thinly sliced
- 3 tbsp (45 ml) red wine vinegar
- 1 pkg (142 g) baby spinach
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 1/4 cup (50 ml) crumbled feta cheese

A peppery, earthy taste of P.E.I. — lobster and all

Chef Michael Smith, who hails from Fortune, P.E.I., is at the heart of Canada's lobster fishery. His salad combines the earthy heartiness of lentils, the luxurious sweetness of lobster and arugula's peppery flavour.

1. Lentils: In a medium saucepan over medium-high heat,

Ingredients

- Lentils**
- 1 l (4 cups) water (approx)
- 250 ml (1 cup) green lentils
- 2 ml (1/2 tsp) salt
- Lobster**
- 2 to 4 lobsters
- 4 l (16 cups) water
- 125 ml (1/2 cup) salt
- Salad**
- 15 ml (1 tbsp) canola oil
- 15 ml (1 tbsp) cider vinegar
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) Dijon mustard
- 2 ml (1/2 tsp) salt
- 4 thinly sliced green onions
- 2 ribs celery, chopped
- 1 large carrot, shredded
- 142 g (5 oz) arugula (about 1 1/6 cups)



This recipe makes four to six servings. THE CANADIAN PRESS H/O

bring water, lentils and salt to a boil. Reduce heat to maintain a simmer and continue cooking and tasting just until lentils are tender, 15 to 20 minutes. Strain any excess water and let lentils cool to room temperature.

2. Lobster: Meanwhile, in a large pot, bring water and salt to a vigorous boil. Remove rubber bands from claws by firmly

grasping and crossing claws over the body. Plunge lobsters into water and cook for 15 minutes. Let lobsters cool until you can handle them. Protect hands with a pair of gloves and remove all meat from the tail, knuckles and claws. Grasp lobster firmly by the tail and head and twist off tail. Crush in your hand to break shell, then pry apart tail. Break claw open

with the back of a knife or nut cracker. Cut open knuckles.

3. In a large salad bowl, whisk together oil, vinegar, honey, mustard and salt. Toss in vegetables and cooked lentils. Just before serving, add lobster and arugula and toss everything together thoroughly, evenly distributing vinaigrette. **THE CANADIAN PRESS/ CHEF MICHAEL SMITH**

Two perspectives of a major milestone: high school graduation

Cap and gown. A mother and daughter share their thoughts ahead of the big day

**THERESA ALBERT
AND JAMESON RATCHFORD**
life@metronews.ca

Mom says:

It's the anticipation of the emptiness that is the worst. Will the whole day fall apart when she is isn't home for dinner?

For 18 years the structure of our home and our lives has revolved around her. From night feeding to after school programs and daycare and, later, to dance class and dates. Whether she knew it or not, our entire process ebbed and flowed with what she needed. The communication between mom and dad needed to happen for her benefit. Now that it is just two capable adults, who will be home for dinner? Who will make it? Who will care?

Suddenly the music blaring from the bathroom during her morning shower doesn't annoy me at all. So what if I can't think enough to work? I stop and realize that this joyful noise will soon be silence.

Her backpack, boots, dishes, books, scarves and dance clothes clutter my hallway. I bend to pick them up lovingly now, not resentfully.

I can pass by her room



Jameson Ratchford, left, with mom Theresa Albert. PROVIDED PHOTO

and look at the teen mess and smell the waft of one too many hair, face and body products and not feel like gagging. I choke back the tears instead. I go in and breathe deeply.

Time won't stop barreling down on us but I can

stop the moment from flying away by appreciating it for all its beauty.

What saves me from crying is the knowledge that she isn't really going anywhere.

She is growing her life and she will bring it back

home twofold. New friends and their noise, dirty plates and laughter will join. New books and ideas will inspire as they are being learned by her. She may meet her life partner and the group will grow, not shrink. That is all that has ever been asked of

her — keep growing. The day to day may change, but the big picture remains the same.

Daughter says:

For a while, I was thinking about graduation as just a day, a few hours before the

rest of my life.

Until recently, when I realized that graduation and its status as a rite of passage has lost its grandeur. Graduation is a full stage in our lives because the series of events that lead up to it and the events that follow can define us.

To our cohorts we can be known for the post secondary school we have chosen to attend after the comfortable confines of our high school. To our neighbours who watched us grow and who trust us with their kids on date night, we can become known as a teen who speeds up the street in their parent's minivan or the kid who shovels every day for those who can't in the winter, or both. To our closest friends, nothing really changes apart from the sudden onslaught of a sense of "never enough time."

Most importantly, to our parents, we are no longer the loud morning shower music, the stray socks and boots in the hall to trip over or the slamming doors. We become "remember whens," pickers on a money orchard and fleeting moments.

The cap and gown fever may only last a few hours but our memories of this time simply can't be forgotten.

THERESA ALBERT IS A REGULAR CONTRIBUTOR TO METRO AND HER DAUGHTER, JAMESON RATCHFORD, HAS CHOSEN GUELPH UNIVERSITY TO ATTEND IN THE FALL. SNIFF/YAY!

Some Confessions of a Fairy's Daughter

Writer Alison Wearing was 12 when she learned her father was gay. She was sitting in her family kitchen in Peterborough, Ont., when her mother, who was unloading the dishwasher, broke the news to her.

It was a bombshell that had only dropped on her mother just a few months prior, when she found a love letter her husband had written to a man he was having an affair with — on their son's ninth birthday.

"My dad had been on sabbatical in Germany and he had come back and he was just sort of (acting) funny and she said he was preoccupied with this letter," the author of the newly released memoir *Confessions of*

a Fairy's Daughter said in a recent interview.

"He was sitting outside in the backyard just writing this letter, writing frantically, and after he went out, she went and found the letter and that's how she found out."

As *Confessions of a Fairy's Daughter: Growing Up with a Gay Dad* explains, Wearing understands why her father had to deceive them. After all, it was 1980 and homosexuality was still taboo. Coming out could have meant he would never see his three children again.

"(Mom) would have had legal support for that position at that time, so I can understand him (thinking), 'Maybe tomorrow,

or maybe next week I'll tell her. Maybe once I get back from sabbatical,'" said Wearing, who lives in Stratford, Ont.

"I can understand why that just never happened for him. He never found the right time."

Wearing writes in a poetic, humorous and heartfelt style about her now-77-year-old dad Joe, her family and herself. She changed most of the names in the book for privacy reasons.

Her mom was a marathon runner and concert pianist while her dad was a professor of political science who loved to cook, garden and conduct choirs. He was also a devoted Liberal and big fan of Pierre Trudeau, who — as Wearing

touches on in the book — befriended her in the last 10 years of his life.

Wearing's parents had great respect for each other and never fought. She and her brothers felt everything was fine between them, even when their dad began spending more time away from home.

"The thing is, my dad wasn't miserable at home," said Wearing, whose first book was the travel memoir *Honeymoon in Pundah: An Iranian Journey*.

"We had a pretty great life. We had a lot of love in my family. It just wasn't the traditional heterosexual kind of love."

THE CANADIAN PRESS



Alison Wearing. GEOFF ROBINS/THE CANADIAN PRESS/HANDOUT

It could be a hot stock summer ... or not

Alison on money.

Thinking about selling your stocks and getting back in the market in November?



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's May, so is it time to sell and go away until St. Leger Day? That's the old stock market saying. St. Leger Day, by the way, was the last British horse racing event of the season in mid-September. Presumably, stock market traders then got back to work after betting on the ponies all summer.

On average, late spring to Halloween contains the two



Market timing doesn't always work out. Will this be a summer from hell? iSTOCK IMAGES

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worst months for the stock market, September and October, and the most volatile month, May.

Market timers often try to get ahead of this trend by selling out in May and getting back in before the stronger markets of November to April.

This is especially true after stocks have soared, as they have done since the sag of November 2012. The Dow Jones and the S&P 500 have hit record highs. The Canadian market, now under 13,000, is well off its 2008 high of 15,073, but it has started to find its legs.

These numbers make investors nervous that the end is nigh. Previous busts such as the financial collapse of 2008

Up and down May

May has been an up month for stocks 35 times since 1950 and a down month 28 times.

underscore the fact that good times don't last forever.

The trouble is, we investors tend to be lousy when it comes to market timing, seasonal or otherwise.

Who knows if this will be a summer from hell? But there is one way to protect yourself should it come to pass.

Look at your investment statement (or ask your advisor) to determine what percentage

you have in equities. It has likely risen significantly over the past couple of years.

That means it's time to prune equity investments or devote new money (RRSP contributions, for example) to fixed income. The latter is much easier to do than the former.

We humans hate to sell something that is going up.

However, if you want 50 per cent in equities for your RRSP and it is now sitting at 70 per cent or more, you are exposing yourself to risk.

Remember, stock market declines usually happen too quickly for regular investing folk to react. So be proactive, even if it means missing out on a hot stock summer.



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metro

GOLF GUIDE

Tuesday, May 14, 2013



Mike Weir got his professional start on the Canadian Tour, which has produced many elite golfers. The new PGA Tour Canada will host eight tournaments across the country this year. TORSTAR NEWS SERVICE FILE

The stars of tomorrow on Canadian greens

**RICHARD
WOODBURY**
For Metro

What do golfers Mike Weir, Steve Stricker and Stuart Appleby have in common? All of them played on the Canadian Tour at one point in time. In fact, former Canadian Tour players have accounted for more than 110 victories on the PGA Tour.

Last Nov. 1, operational control of the Canadian Tour was taken over by the PGA Tour and the Canadian Tour was re-named PGA Tour Canada.

For its debut season, there will be eight tournaments spread across Canada.

"We think it's very important to be across Canada," says Jeff Monday, the president of PGA Tour Canada.

The season kicks off in

early June with the Times Colonist Island Savings Open in Victoria and works its way east, going as far as Nova Scotia. The plan is to expand the tour schedule to 12 or 13 events per year.

"We would love to add another event in Atlantic Canada, be it in Newfoundland or P.E.I. or anywhere else out there to be able to play two weeks in Atlantic Canada," Monday says.

He says the tour also wants to schedule an event in Quebec.

All of the tournaments scheduled for this year have a purse of \$150,000, with the winner's share being \$27,000.

However, one of the biggest perks of playing successfully on the tour will be that the top five players on the money list will graduate directly to the Web.com Tour, the

PGA Tour's primary developmental tour.

Also, those finishing six to 10 on the money list will get an exemption into the final stage of the Web.com Tour's qualifying school, while those finishing 11 to 20 will get an exemption into the second stage.

"We always want to reward season-long performance," says Monday, noting these fea-

tures will help successful PGA Tour Canada players move on to the next level of competition.

As well, these policies will help attract better players to compete on PGA Tour Canada. The early indications are that it is working. This year's qualifying school attracted a record number of players.

"The calibre of play will certainly step up," Monday says.

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Trends. Latest equipment

Technology in the golf industry continues to evolve in such rapid fashion that the contents of a typical golf bag now resemble the tactical gear of a Navy SEAL.

The latest equipment for 2013 won't change that trend, notes Dwayne Boecker, the director of field merchandising for Golf Town. Boecker recommends seven high-tech items, in particular, that will whet a golfer's appetite, as follows:

Garmin G6 Approach GPS

The sleek, handheld G6 (in the \$300 range) includes more than 27,000 preloaded worldwide courses and an internal rechargeable battery. Colourful distance arcs

indicate how far you need to hit when

laying up, while touch targeting lets you touch any point on the sunlight-readable display to find the precise distance to that spot.

SkyPro Swing Analyzer

Endorsed by the Golf Channel's Michael Breed, the ultra-lightweight SkyPro (also around \$250) attaches just below the grip and captures as many as 10,000 data points, from clubhead speed to impact position, and then sends the information via Bluetooth to your

smart-phone app. And you don't even have to push a button.

TaylorMade R1 Driver

Movable weights allow the R1 (around \$450) to be tuned 168 different ways, including 12 lofts and seven face-angle settings. Improved aerodynamics reduce drag over the head for faster clubhead speed, a higher launch and lower spin.

Titleist Pro V1

The hugely popular, Tour-proven Pro V1 has been amped up even more in 2013, combining exceptional distance with soft feel and "drop-and-stop" greenside control. Sells for around \$55.

Nike VRS Covert Driver

Cited as the world's first high-speed cavity-back driver, the Covert can be adjusted

for lofts from 8.5 to 12.5 degrees and three face angle positions. Enhanced NexCOR face technology creates a 45 per cent larger hot zone for more distance and workability. Sells for around \$340.

Adidas adizero Solid Polo

Players can make a statement in bright yellow, while the tailored fit of this moisture-wicking, mesh-ventilated, 100 per cent polyester polo (around \$85) allows for an unrestricted swing. The adizero's self-collar keeps its shape wear after wear.

Ecco Biom Hybrid Shoe

Walk straight off the golf course to a

night on the town with the Ecco Biom Hybrid — a spikeless shoe with more than 150 moulded traction bars for gripping

power, but a casual style with a high-performance upper made of strong, lightweight, breathable and abrasion-resistant yak leather that provides maximum comfort and an anatomically shaped insole. Sells for around \$240.

NEWS CANADA



Clockwise, from top left, SkyPro Swing Analyzer, Garmin G6 Approach GPS, TaylorMade R1 Driver, Titleist Pro V1, Ecco Biom Hybrid Shoe.



Tee up a budget for your day on the links

RICHARD
WOODBURY
For Metro

Before anyone can hit the links, they will need clubs, which will cost anywhere from a few hundred dollars to an amount in the thousands.

A full set of men's clubs for a current name brand product, such as TaylorMade, Callaway or Titleist, will cost around

\$2,000, says Scott Staub, a salesperson with Caddy Shed, a golf shop in Winnipeg. Items such as a bag and miscellaneous items like balls, tees and gloves are factored into that price.

A cheaper alternative is to get last year's product line, which is an option for most vendors. Staub says the savings could amount to around \$500 or \$600.

Interestingly, while the men's name brand clubs are sold à la carte, that's not the case for women's clubs.

"They are very lucky compared to the men in that there are numerous full packages for women that are fantastic for under \$1,000," says Staub, adding this would include brands such as Adams, Callaway and Nike.

For people looking to get a

decent set of clubs not manufactured by one of the big brands, they can walk away spending somewhere between \$400 and \$600. This would be a good option for someone who is new to the game and not sure if they will stick with it.

A good pair of shoes is also a wise investment and they can be purchased for around \$150, although one could eas-

ily spend more than \$300.

But what can people expect to pay for a membership? Well, that's highly variable. Courses in rural areas are generally significantly cheaper than ones in larger urban centres.

Phil Grosse, the manager of sport development and marketing for Golf Saskatchewan — which bills Saskatchewan as Canada's affordable golf destination — says memberships

in some golf courses in rural Saskatchewan communities go for as little as \$250, while in a larger locale, they may cost somewhere between \$1,300 and \$1,800. In fact, Grosse's father just paid \$4,100 for an annual membership.

The reality is when it comes to golf, people can pretty much spend as much as they want to — and that holds true across the country.



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The Golf in Schools program is now in place at 150 high schools in Canada. GOLF CANADA PHOTO

Closing the deal

The very mention of a few people playing golf together for the purpose of doing business can definitely generate some eye rolling, but one expert argues that it's the perfect place to do business.

"The thing that is most interesting to me about golf is you can learn more about somebody from a round of golf than from weeks and weeks of hanging out with them," says Richard Brasser, a former professional golfer who once wrote a book about conducting business on the golf course.

As every golfer knows, golf is an emotional roller-coaster that will put most of one's emotions on display in a round. Frustration, happiness and anger are a few that come to mind. From a business perspective, this gives people a good idea of how one reacts to certain situations. "It's probably one of the best tests of character," Brasser says.

Another great thing is that because playing a round will take somewhere between four and five hours, it allows for a lot of one-on-one interaction, as opposed to a traditional meeting, which is not likely to be scheduled for that long.

To have a successful day on the links, people will need to remember that the primary motivation is having a good time.

"I can guarantee you that nobody else in the group cares about how you play and every single person will care about how you act," Brasser says.

RICHARD WOODBURY

Golf can help kids with life values

Introduction. Program bringing golf to kids at thousands of schools across the country

RICHARD WOODBURY
For Metro

For most people, the thought of gym class brings back memories of the staples, such as dodgeball, floor hockey and soccer, but golf is now being included in the curriculum at thousands of schools across the country. This is thanks to a program called Golf in Schools (GIS)

that was developed by Golf Canada.

The program provides both the equipment and lesson plans needed to teach kids the fundamental movement skills and golf skills involved in playing the game.

While fair play and sportsmanship are part of most sports, golf is one that takes it a step further.

"A big part of golf is the life lessons, the social skills,

behaviour, etiquette, manners — all the good life values that the game can teach, so we try to promote that through the program," says Kelly Woloshyn, GIS's coordinator.

She feels this element of the game is just as important as learning how to swing the club.

First introduced in 2009 at the elementary level, there are now 2,000 schools across the country participating in GIS. "We have schools covered in every province, including the territories," Woloshyn says.

At the high school level, GIS was introduced in June 2012 and 150 schools are now participating. Schools from every province are represented, as well as one lone school in Nunavut.

The cost of the program is \$475 per school at the elementary level and \$795 at the high school level. Both programs include both the necessary lesson plans and equipment.

The difference in price can be attributed to the better equipment needed at the high school level. For example, the clubs at the

elementary level are made of plastic, but at the high school level, they are real.

With education budgets as tight as they are nowadays, the program may be cost-prohibitive for some schools. For this reason, GIS has an adopt-a-school program where people can pay for the program.

Perhaps not surprisingly, golf clubs are a big supporter of the adopt-a-school program.

An added bonus of the adopt-a-school program is that the donation is eligible for a charitable tax receipt.



Specials

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Golfers chip in to economy

Impact. One survey found that there are an estimated six million people who golf in Canada

The game of golf accounts for an estimated \$11.3 billion of Canada's gross domestic product (GDP), which includes:

- 341,794 jobs;
- \$7.6 billion in household income;
- \$1.2 billion in property and other indirect taxes; and,
- \$1.9 billion in income taxes.

Golf in Canada generates an estimated \$29.4 billion in total gross production through direct, indirect, and induced spending impacts.

Additional key benefits and impacts of golf in Canada include:

- Environmental benefits — more than 200,000 hectares of green space managed by golf course operators, including 41,000 hectares of unmanaged wildlife habitat under golf course stewardship.
- Golf participation — SNG

estimates that approximately 70 million rounds of golf were played in 2008, a level of play that was as much as 10 per cent lower than the average number of rounds based on prior years.

- According to IPSOS Reid, there are an estimated six million Canadian golfers. According to RCGA sources, Canadian golf participation rates are among the highest in the world.

- Employment opportunities — the Canadian golf industry provides an excellent employment opportunity, with as many as 43 per cent of those employed at Canadian golf courses being students.

- Estimated impact on property values — the location of houses adjacent to golf courses provides benefits to homeowners that stem from higher home values com-



Golf in Canada generates an estimated \$29.4 billion in total gross production through direct, indirect, and induced spending impacts. ISTOCKPHOTO/THINKSTOCK

pared to similar homes that are not adjacent to courses. The total incremental impact on home values is estimated at \$1.4 billion.

- Charitable activity — each year there are at least 25,000 charitable events hosted at Canadian courses. Using conservative estimates, these

events raise more than \$439 million for charitable causes across Canada.

- Golf tourism — Canadian travellers make more than

one million trips involving golf, spending an estimated \$1.9 billion annually on golf-related travel within Canada.

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NFL

Nix steps down as GM of Bills

Not getting any younger and confident he's put in place a young foundation capable of turning the Buffalo Bills into a winner, Buddy Nix called this the right time to step down as general manager on Monday.

"I think at some point, you've got to step aside and let young guys that are qualified have their shot," Nix said during a hastily called news conference shortly after Bills completed a voluntary mini-camp practice.

The 73-year-old Nix will not be leaving the team entirely. He'll instead move into a newly created role as a special assistant.

Though the Bills did not immediately announce Nix's replacement, the team has spent much of the past year grooming assistant GM Doug Whaley to succeed Nix.

THE ASSOCIATED PRESS

NHL

Finalists for GM of the year announced

Marc Bergevin of the Montreal Canadiens, Bob Murray of the Anaheim Ducks and Ray Shero of the Pittsburgh Penguins were named Monday as first-time finalists to be the NHL's general manager of the year.

Voting for the award was conducted among the league's 30 general managers and a panel of NHL executives, print and broadcast media. The winner will be announced during the Stanley Cup finals.

THE ASSOCIATED PRESS



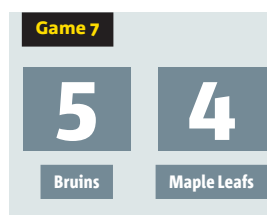
Bruins Brad Marchand, left, Patrice Bergeron and Tyler Seguin celebrate Bergeron's overtime goal on James Reimer on Monday night in Boston. The Leafs' season ended after they blew a 4-1 third-period lead. JARED WICKERHAM/GETTY IMAGES

Leafs let B's up off their knees in Boston

NHL playoffs. Bruins erase three-goal deficit to break hearts in Toronto and punch ticket to second round

Patrice Bergeron scored at 6:05 of overtime to complete a miraculous Boston comeback as the Bruins rallied to oust the Toronto Maple Leafs from the playoffs with a nail-biting 5-4 victory in Game 7 Monday night.

Bergeron, with his second



of the night, ended it as the Bruins blitzed the Toronto goal. The Leafs could not clear the puck and the Bruins forward snapped home a shot.

Two late goals in the space of 31 seconds by Boston's Milan

Lucic and Bergeron, with goalie Tuukka Rask off for the extra attacker, shockingly tied the game up at 4-4.

It had looked like two early goals by defenceman Cody Franson had been enough to propel Toronto into the next round of the playoffs. The Leafs led 4-1 midway through the third period when the Bruins started pulling rabbits out of their hat with three unanswered goals - the last two with the clock running out.

It marked the first time the Bruins have come back from a three-goal deficit in a play-

off game since April 11, 1990, when they trailed the Hartford Whalers by a 5-2 score in the third period but went on to win 6-5.

"We played extremely hard for six games. That 55 minutes (in Game 7) we threw everything we had at them. It's just an extremely disappointing loss," said a muted Dion Phaneuf.

The Bruins will face the Rangers in the second round after New York shut out the Washington Capitals 5-0 in the other Game 7 Monday.

THE CANADIAN PRESS

Canada caps prelims with narrow win



Steven Stamkos scores Monday's winning goal against Slovenia.

JACQUES BOISSINOT/THE ASSOCIATED PRESS

A lapse of concentration in their most recent game aside, the Canadians have melded into a contending team at the IIHF World Championship on little preparation.

Canada heads into Thursday's quarter-final game with firepower on offence, an improving blue-line and goal-tending capable of getting wins.

The quarter-final has been Canada's stumbling block in this tournament with losses in the last three consecutive years.

"We realize that," forward Steven Stamkos said. "The last three years, I think, have been early exits and it's not going to get any easier."

Canada awaits the conclusion of the preliminary round Tuesday to confirm its quarter-final opponent. Montreal Canadiens defenceman P.K. Subban was added to the team Monday and will play in the quarter-final.

A 4-3 overtime win over relegated Slovenia on Monday gave Canada 18 points from

five wins, an overtime win and a shootout loss in the round robin.

Unbeaten Switzerland was one point back with a game in hand. The Swiss need just a point Tuesday against Belarus to secure first place.

In Monday's victory, Canada was down 2-0 before Matt Duchene and Stamkos pulled Canada even.

Stamkos then scored his second goal of the game on a breakaway in overtime.

THE CANADIAN PRESS

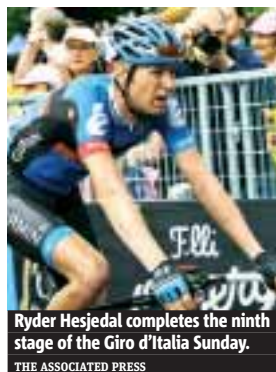
Giro d'Italia. Hesjedal confident he can make up for precious lost time

Canadian cyclist Ryder Hesjedal feels he can get back into contention at the Giro d'Italia despite losing precious seconds after one of his most challenging days at the three-week race.

The defending champion said he had no choice but to concede time at one point during the wet and hilly ninth stage from San Sepolcro to Florence on Sunday. Hesjedal, now over three minutes off the lead in 11th place overall, remains confident he can make up some time and re-join the front-runners.

"You have to believe it," Hesjedal said Monday from Cordenons, Italy. "You can't decide that it's too much because then you're out of the race already. If you look at what's happened in the race so far, anything can happen. There are so many variables on the road, things can change completely in one moment."

"So by no means does being three minutes down right now



Ryder Hesjedal completes the ninth stage of the Giro d'Italia Sunday.
THE ASSOCIATED PRESS

make you throw the towel in."

The Garmin Sharp rider from Victoria is chasing overall leader Vincenzo Nibali of Italy, who has a 29-second lead on Australia's Cadel Evans. Robert Gesink of the Netherlands is 1:15 back in third and Bradley Wiggins of Britain is 1:16 off the pace in fourth.

Hesjedal, who was third overall just three days ago, was sixth heading into Sunday's stage. **THE CANADIAN PRESS**

Bulls offence turns ice cold against sizzling Heat

NBA playoffs. Chicago showing no signs of team that beat Miami in Game 1 of series

Game 4

88

65

Heat

Bulls

LeBron James scored 27 points and the Miami Heat nearly matched a franchise record for points allowed in a playoff game, pounding the listless and short-handed Chicago Bulls 88-65 on Monday night to take a 3-1 lead in the Eastern Conference semifinals.

The 65 points allowed were only two more than the all-time post-season low for a Miami opponent, and it was easily the worst offensive performance by a Chicago team.

Never before had the Bulls scored fewer than 69 in a play-off game nor 10 or less in a quarter during the post-season, but both those marks fell on a night when they were dominated on both ends of the floor.

Miami led by 11 at the half

and put this one away in the third quarter, outscoring Chicago 17-9 in the period.

Now the Heat will try to wrap up the series at home on Wednesday night, taking what they hope will be the next step toward a second straight championship.

It's hard to believe the Bulls won the series opener the way the past three games have gone.

Miami pounded Chicago in Game 2, coming away with its most lopsided playoff victory while handing the Bulls their worst ever post-season loss, and the Heat continued to roll from there. **THE ASSOCIATED PRESS**



Heat forward LeBron James goes up for a shot against Bulls forward Jimmy Butler during Game 4 on Monday in Chicago. NAM Y. HUIH/THE ASSOCIATED PRESS

'Who was there to protect him?': Joanne Boogaard

Joanne Boogaard watched her son Derek duke it out on the ice with other NHL tough guys for six seasons as one of the most feared enforcers in the game, a six-foot-seven brawler who was not there to skate or score, but to defend his teammates when it was called for.

"He was there protecting his teammates at all costs," she said in a statement released by her lawyers on Monday, "but who was there to protect him?"

Joanne Boogaard and other family members have filed a wrongful-death lawsuit against the NFL, blaming the league for brain damage her son suffered playing the game and for his addiction to prescription painkillers. Derek Boogaard died of an accidental overdose of pain medication and alcohol two years ago; his body was found on May 13, 2011.

The 28-year-old Boogaard was posthumously diagnosed with chronic traumatic encephalopathy, a degenerative brain ailment that can be caused by repeated blows to the head, according to the 55-page lawsuit filed in Cook County, Ill., Circuit Court late



Canadian Derek Boogaard fights on Dec. 2, 2010, in Uniondale, New York. BRUCE BENNETT/GETTY IMAGES

Friday. One of the lawyers who filed the lawsuit, William Gibbs, said Monday the NHL profited from Boogaard's physical abilities as team doctors dispensed "pain pills like candy" after he suffered repeated injuries.

"The NHL drafted Derek Boogaard because it wanted his massive body to fight in order to enhance ratings, earnings and exposure," Gibbs said.

The NHL declined to com-

Swept under the rug

"The NHL promised his family that it would take care of him. It failed."

Lawyer William Gibbs

ment on the lawsuit.

The allegations of the suit mirror those made by thousands of former football players against the NFL. Both contend the leagues knowingly withheld information on the connection between the violent collisions in their sport and traumatic brain injury, and pushed players to play through pain, an approach that brought about long-term health issues. Gibbs' Illinois-based law firm of Corboy and Demetrio also represents the family of Chicago Bears safety Dave Duerson, who committed suicide, and other former football players against the NFL.

Gibbs said the NHL couldn't claim ignorance about the consequences to Boogaard, who played for the Minnesota Wild and New York Rangers before he died.

THE ASSOCIATED PRESS

NHL PLAYOFFS

CONFERENCE QUARTER-FINALS

(BEST-OF-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)

(Pittsburgh wins series 4-2)

Saturday's result

Pittsburgh 4 N.Y. Islanders 3 (OT)

MONTREAL (2) V. OTTAWA (7)

(Ottawa wins 4-1)

WASHINGTON (3) V. NY RANGERS (6)

(Series tied 3-3)

Monday's result

NY Rangers at Washington

Sunday's result

NY Rangers 1 Washington 0

BOSTON (4) V. TORONTO (5)

(Boston wins series 4-3)

Monday's result

Boston 5 Toronto 4 (OT)

Sunday's result

Toronto 2 Boston 1

WESTERN CONFERENCE

CHICAGO (1) V. MINNESOTA (8)

(Chicago wins 4-1)

ANAHEIM (2) V. DETROIT (7)

(Detroit wins series 4-3)

Sunday's result

Detroit 3 Anaheim 2

VANCOUVER (3) V. SAN JOSE (6)

(San Jose wins 4-0)

ST. LOUIS (4) V. LOS ANGELES (5)

(Los Angeles wins 4-2)

x—played only if necessary

SCORING LEADERS

	G	A	Pts
Krejci, Bos	5	6	11
Malkin, Phg	2	9	11
Crosby, Phg	3	6	9
Iginla, Phg	2	7	9
Pavelski, SJ	4	4	8
Couture, SJ	3	5	8
Zetterberg, Det	3	5	8
Dupuis, Phg	5	2	7
Brassard, NYR	2	5	7

Not including last night's games

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(BEST-OF-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS CHICAGO (5)

(Miami leads series 3-1)

Monday's result

Miami 88 Chicago 64

Wednesday's game

Chicago at Miami, 7 p.m.

Friday's game

x-Miami at Chicago, TBD

Sunday, May. 19

x-Chicago at Miami, TBD

NEW YORK (2) VS INDIANA (3)

(Indiana leads series 2-1)

Tuesday's game

New York at Indiana, 7 p.m.

Thursday's game

Indiana at New York, 8 p.m.

Saturday, May. 18

x-New York at Indiana, TBD

Monday, May. 20

x-Indiana at New York, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS MEMPHIS (5)

(Memphis leads series 2-1)

Monday's result

Oklahoma City at Memphis

Wednesday's game

Memphis at Oklahoma City, 9:30 p.m.

Friday's game

x-Oklahoma City at Memphis, TBD

Sunday, May. 19

x-Memphis at Oklahoma City, TBD

SAN ANTONIO (2) VS GOLDEN STATE (6)

(Series tied 2-2)

Sunday's result

Golden State 97 San Antonio 87 (OT)

Tuesday's game

Golden State at San Antonio, 9:30 p.m.

Thursday, May. 16

San Antonio at Golden State, 10:30 p.m.

Sunday, May. 19

x-Golden State at San Antonio, TBD

x — if necessary

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	24	14	.632	—
Baltimore	23	15	.605	1
Boston	22	16	.579	2
Tampa Bay	19	18	.514	4½
Toronto	15	24	.385	9½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	21	15	.583	—
Cleveland	21	16	.568	½
Kansas City	18	16	.529	2
Minnesota	17	17	.500	3
Chicago	15	20	.429	5½

WEST DIVISION

	W	L	Pct	GB
Texas	24	13	.649	—
Oakland	19	20	.487	6
Seattle	18	20	.474	6½
Los Angeles	14	23	.378	10
Houston	10	29	.256	15

Monday's results

Cleveland 1 N.Y. Yankees 0
N.Y. Yankees 7 Cleveland 0
Detroit 7 Houston 2
Chicago White Sox at Minnesota
Kansas City at L.A. Angels
Texas at Oakland

Tuesday's games — All times Eastern

San Diego (Cashner 2-2) at Baltimore (Tillman 3-1), 7:05 p.m.
Seattle (Hernandez 5-2) at N.Y. Yankees (Sabathia 4-3), 7:05 p.m.
San Francisco (Zito 3-1) at Toronto (Dickey 2-5), 7:07 p.m.
Houston (Harrell 3-3) at Detroit (Fister 4-1), 7:08 p.m.
Boston (Lackey 1-3) at Tampa Bay (Moore 6-0), 7:10 p.m.
Chicago White Sox (Peavy 4-1) at Minnesota (Correa 4-2), 8:10 p.m.
Kansas City (Guthrie 5-0) at L.A. Angels (Vargas 1-3), 10:05 p.m.
Texas (Holland 3-2) at Oakland (Colon 3-2), 10:05 p.m.

NATIONAL LEAGUE

Monday's results

St. Louis 6 N.Y. Mets 3
Milwaukee 5 Pittsburgh 1
Colorado at Chicago Cubs
Atlanta at Arizona
Washington at L.A. Dodgers.

Horoscopes

♈ Aries

March 21 - April 20

Someone is trying to get one over on you and you have every right to be annoyed, but is it worth it? There is no way they are going to succeed at cheating you so ignore them.

♉ Taurus

April 21 - May 21

There is no point blaming yourself because a project went wrong. There were so many people involved and so many factors at work that no one person was truly to blame.

♊ Gemini

May 22 - June 21

You need to pace yourself carefully now because the planets warn you are not as robust health-wise as you seem to believe. Even a go-getting Gemini needs a bit of down time occasionally.

♋ Cancer

June 22 - July 23

Whatever your highest ideal happens to be, that is what you should now be aiming for. Of course, you won't reach your goal immediately but you'll be heading in the right direction – and that's what matters.

♌ Leo

July 24 - Aug. 23

You are finding it hard to focus on one specific thing — your mind is all over the place. That's OK. There is no point trying to force your thoughts in directions they clearly don't want to go. Take the hint.

♍ Virgo

Aug. 24 - Sept. 23

If a particular method works for you then stick with it. Others may say it's old-fashioned, but so what? The more critical they are, the more you suspect it's the right choice.

♎ Libra

Sept. 24 - Oct. 23

Let your imagination roam wherever it pleases today, even if it takes you to places you may have been deliberately avoiding in recent weeks. As is so often the case, what you fear the most is unlikely to happen.

♏ Scorpio

Oct. 24 - Nov. 22

You may end up spending a large chunk of the day dealing with someone else's problem but don't think of it as time wasted. What you do for them now will be done for you later.

♐ Sagittarius

Nov. 23 - Dec. 21

Some things can be done on the spur of the moment and some things can be left until the very last minute but what you do today will require a bit more planning. Others won't do it for you, so get on with it.

♑ Capricorn

Dec. 22 - Jan. 20

You know from experience there is no point shouting or making threats. If you want something done today, you will have to do it yourself or offer something valuable in return. So, do it yourself then.

♒ Aquarius

Jan. 21 - Feb. 19

Listen carefully to what a friend tells you today, even if you have heard it many times before. They may just have the key to a problem that has been annoying you for some time.

♓ Pisces

Feb. 20 - March 20

It's not wrong to be suspicious but it is wrong to take it to unreasonable levels. Rest assured that what you hear today is in no way designed to deceive you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Swedish auto
5. "The World According to ___" (1982)
9. Mr. Nova (Canadian singer/guitarist)
13. Hubba ___ (Gum)
14. Duo plus one
15. "The Ghost & Mrs. ___" (Old sitcom)
16. Valley of the Kings discoveries in Egypt: 2 wds.
18. Drug deal buster, for short
19. Pre-lunch hrs.
20. Occupied
21. Magnifying glass user
23. '70s night spots
25. Parisian positives
26. Arrest proof from a police car: 3 wds.
32. WWW code
35. Norse navigator
- Mr. Ericsson
36. Locomotive tracks
37. Hawaii's ___ Beach
38. Poet of the Yukon, Robert ___
40. Rich dollar amt.
41. Lisa of "The Cosby Show"
43. Fermented soybean paste
44. ___ other (Without equals)
45. Winnipeg-born songwriter/singer/guitarist: 2 wds.
48. Actress, Lena ___
49. '70s sitcom family, The ___

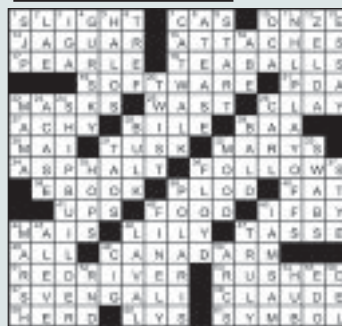
53. Locales
56. Achievement
58. "Sheila": 1962 hit for Tommy ___
59. "___-Di..." (Beatles song title bit)
60. What a doctor provides: 2 wds.
63. Eye droplet
64. City of Russia

65. Recommended strongly
66. Inputted info [abbr.]
67. Places
68. "Friends" friend
- Down**
1. Finland, as Finns call it
2. Bottomless pit
3. Camel hair garment
4. Movie boxer Rocky's surname

5. Vintage muscle cars
6. Canadian ___ (Military force)
7. One bone
8. Play ___ (Feign death or sleep)
9. Memory loss
10. Lei-wearer's party
11. David Spade's "Joe ___"
12. Philharmonic gr.

13. Mr. Pitt
17. Fight
22. Book, in a Quebec library
24. Gladiator's 450
25. Klutzy
27. Lily Munster's beloved
28. ___ centre
29. Softens the lights
30. Tiger Woods' ex-wife
31. Nobel Peace Prize city
32. Official lang. of Israel
33. ___ day (Train-catching frequency, often)
34. British Invasion group, Manfred ___
38. Fashion sense
39. ___ boots
42. L'île-du-Prince-___ (PEI)
44. NHL's Ducks, on scoreboards
46. Billy ___ (Canadian flying ace of WWII)
47. Medieval king of legend
50. Burdens
51. Past times
52. Plant's beginning
53. X-mark a ballot
54. Mr. Scrooge, to pals
55. ___. (Line above the equator)
56. Quick
57. Banff National Park animals
61. Land Down Under bird
62. Olympics abbr. for Zagreb's land

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	6	7	4	9	1	2	3	8
4	2	8	3	5	6	7	1	9
3	9	1	8	2	7	6	4	5
8	5	9	1	3	2	4	7	6
2	7	4	5	6	8	1	9	3
6	1	3	9	7	4	5	8	2
1	8	6	2	4	9	3	5	7
9	3	2	7	1	5	8	6	4
7	4	5	6	8	3	9	2	1

		4	2	7		8		
1		2	3	8		9		
	5						3	6
4			7		2		6	8
	7			5			1	
6	2		4		3			9
2	8						9	
		9		7	6	8		4
	4		8		9	6		

Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 25°
MIN: 11°



MAX: 22°
MIN: 11°



MAX: 23°
MIN: 11°



JENNA KHAN
WEATHER SPECIALIST

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